

Category 1. Eat Smart

Q: How much weight has been lost by King County Weight Watchers at Work program participants?

A: More than 7,000

Q: What do Gooseneck, Sugar, Atlantic Giant, Hubbard, Banana and Kabocha all have in common?

A: They are all types of squash, currently in season and available from King County farmers

Q: Do Americans drink more milk or soda pop?

A: Soda Pop

Category 2. Move More

Q: When you buy a “Share the Road” license plate, what organization receives the funds?

A: You support the Bicycle Alliance of Washington

Q: Every 30 minutes spent driving to work add how many pounds to your waistline every year?

A: 10 pounds

Q: Where can you find information on Health Matters programs such as gym discounts and flu shots?

A: Online at www.metrokc.gov/employees

Category 3. Stress Less

Q: Name 3 reasons to use mediation.

A: It's quick, free and confidential. And it works.

Q: What is the difference between the Employee Assistance and the Making Life Easier programs?

A: Both are free programs offered to county employees. The EAP program is primarily for work-related problems while the MLE program is for personal life problems.

Q: What is the best height and angle for a computer monitor?

A: Top of the monitor at or below eye level, tilting back slightly

Q: Name the top two unmet needs people call 2-1-1 about?

A: Emergency shelter/hotel voucher and transportation

Category 4. King County Employee Benefits

Q: When do I receive my Washington Dental Insurance card?

A: There is no card for dental benefits. Simply tell your dentist you are a King County employee with WDS coverage.

Q: Who founded the Puget Sound Health Alliance?

A: The Alliance was founded in 2004 at the direction of County Executive Ron Sims.

Q: What is the easiest way to save money when using your prescription benefits?

A: Use generic drugs whenever possible.

Category 4. King County Employee Benefits *continued. . .*

Q: I am currently enrolled in PERS 2. How can I switch to PERS 3?

A: If you entered PERS 2 after September 1, 2002, you cannot switch to PERS 3. If you entered PERS 2 prior to September 1, 2002, you can switch to PERS 3 during the open enrollment period in January and the transfer would occur at the beginning of February.

Q: My husband lost his job. Can I add him to my King County benefits?

A: Yes, you have 30 days from the date of the qualifying life event to add a dependent to your benefits. A qualifying life event includes your spouse/domestic partner having a significant change in health coverage (such as losing a job and therefore losing coverage).

Q: Can I take my money out of my deferred compensation account at any time?

A: Once you have left employment or retired, you can take your money out at anytime.

Category 5. Disease Management

Q: How many lives could be saved annually if at-risk people were regularly screened for colon cancer?

A: 20,000

Q: What is the number one killer of women in the United States?

A: Heart Disease

Q: What is HEAL and how do you sign up for a HEAL visit?

A: HEAL stands for **H**ome **E**nvironmental **A**ssessment **L**ist. Register for a free in-home assessment by calling 206-441-5100, or visit the HEAL Web site at www.zed.alaw.org.

Q: How many people in Washington are currently diagnosed with diabetes?

A: 1.4 million

Q: What are the two leading causes of kidney failure?

A: Diabetes and high blood pressure

Category 6. Community & Environmental Organizations

Q: List 3 things people can do to stay healthy during cold and flu season.

A: Stay home when sick, cover coughs and wash hands often.

Q: In 2005, what percentage of private facility construction projects recycled their materials?

A: 4.7%

Q: For every car-sharing vehicle on the road, how many cars are taken off the road?

A: 15

Q: What are the systolic and diastolic numbers that indicate a pre-hypertensive reading?

A: Systolic: 120-139: Diastolic: 80-89